

price list

class passes

passes valid for 3 months after date of first use. passes are non-refundable and non-shareable; transferrable between bethesda and dupont. students and seniors enjoy a 10% discount on class purchases.

one class.....\$17
 one 1-hour class.....\$13
 one baby & me drop-in...\$20
 3 classes**.....\$33
 6 classes.....\$92
 6 classes baby & me.....\$100
 10 classes.....\$145
 20 classes.....\$255
 1-month unlimited.....\$170
 3-month unlimited.....\$420

**first-timers only,
 only offered in studio

rental prices

mat rental fee\$1
 towel rental fee\$1

tranquilIT treatments

treatments are available by appointment only. view our spa menu online.

workshop passport

deepen your practice with 4 workshops by TS teachers...\$99

tranquil★space® dupont schedule

(schedule valid 3/1/2007 and subject to change.)

	mon	tue	wed	thu	fri	sat	sun
9:00 - 10:15						yoga 2	
9:15 - 10:30						yoga 1	
10:30 - 11:45						yoga 1 yoga 3★★	yoga 1
noon - 1:00	\$8 express yoga	express yoga	prenatal express yoga	express yoga	express yoga		
noon - 1:15				baby & me★ (0-6mos.)		yoga 2★★ prenatal	yoga 2
1:30 - 2:45	★ visit tranquilspace.com for class descriptions and teacher bios ★ sign up for classes online or arrive 15 minutes early to guarantee your space					yoga 1	yoga 1
3:00 - 4:15						yin/yang yoga★	yoga 2 voluptuous flow
4:30 - 5:45						restorative	yoga 1
5:15 - 6:15	express yoga	express yoga	express yoga	express yoga	express yoga		
6:00 - 7:15	yoga 2	yoga 1	yoga 2	yoga 2	yoga 2		
6:30 - 7:45	yoga 1	yoga 2	yoga 1	yoga 1			
7:30 - 8:45	yoga 3★	yoga 1	hot yoga 2	yoga 3★	yoga 1		
8:00 - 9:15	yoga 1	yoga 2	yoga 1	slow flow 2			

★90-minute class ★★class begins 15 minutes after start time